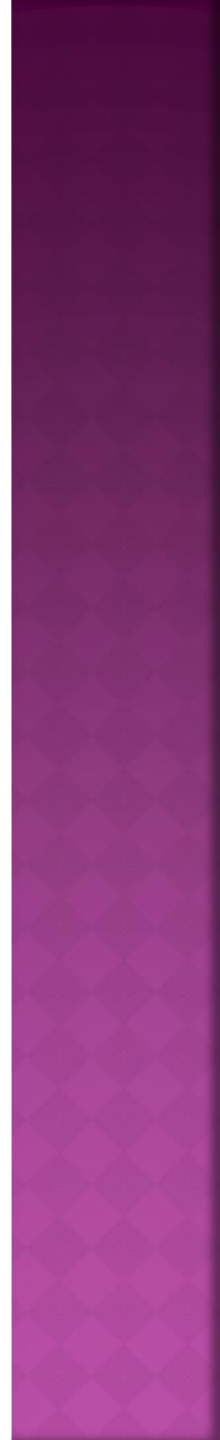


# THE WHOLE CHILD: THINKING, FEELING, MOVING

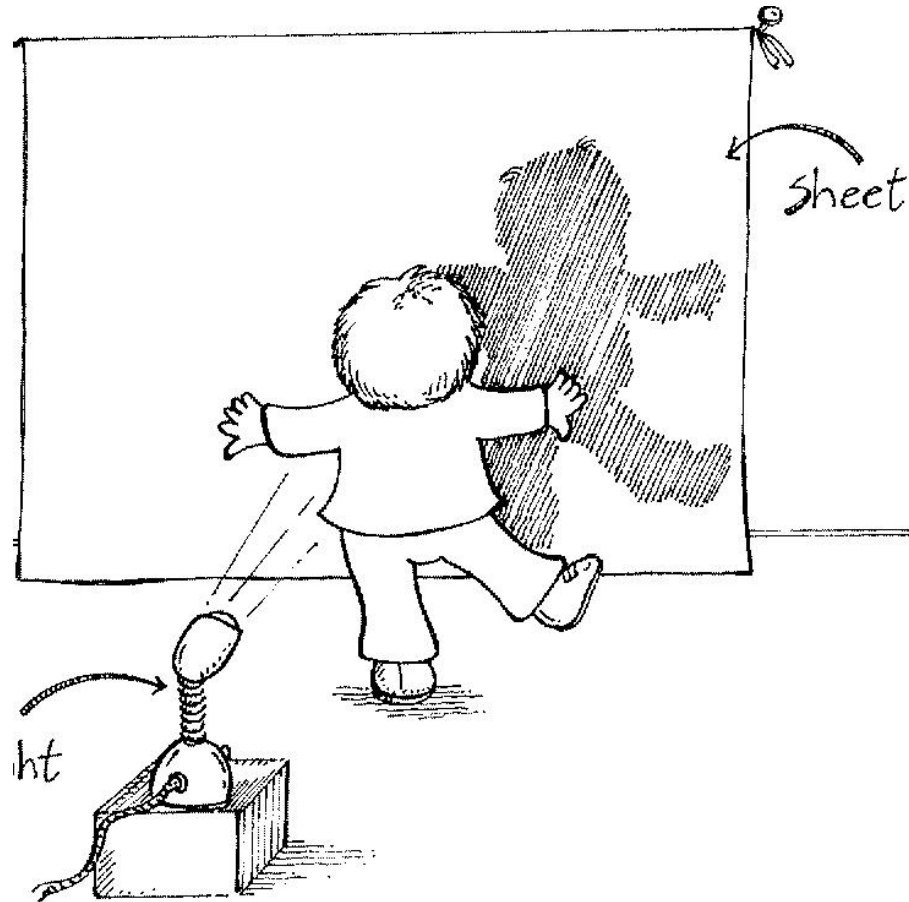






# COGNITIVE DEVELOPMENT

*What does the  
body  
have to do with it?*



“AS FAR AS INTELLECTUAL FUNCTIONING IS CONCERNED, WE HAVE GENERALLY ASSOCIATED SCHOOLING WITH SITTING MOTIONLESS AT A DESK FOR LONG STRETCHES OF TIME. BUT MENTAL FUNCTIONING IS CONNECTED WITH BODILY EXPRESSION AND DEPENDENT UPON IT. IF THIS NECESSARY CYCLE IS BROKEN, THE CHILD’S SENSES WILL SUFFER AND HE WILL REMAIN AT A LOWER LEVEL OF MENTAL AND SENSORY FUNCTIONING.”

**DIAN LYNCH-FRASER**

*DANCEPLAY*



# LEARNING IS BASED ON MOTOR DEVELOPMENT



# BODY IMAGE MATTERS



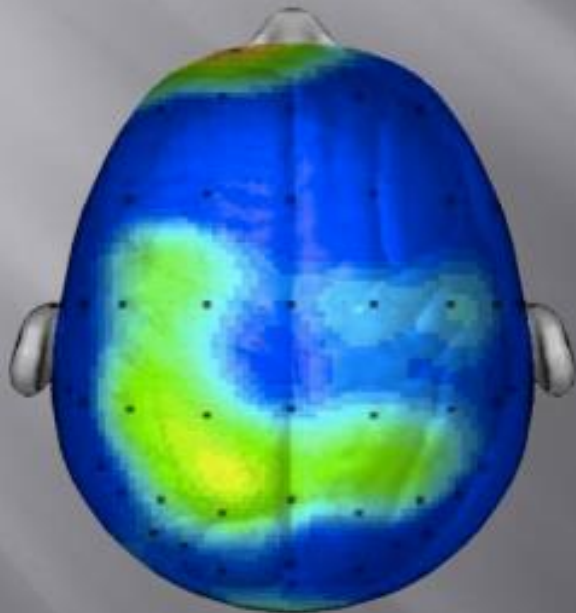
# MOVEMENT FEEDS THE BRAIN!



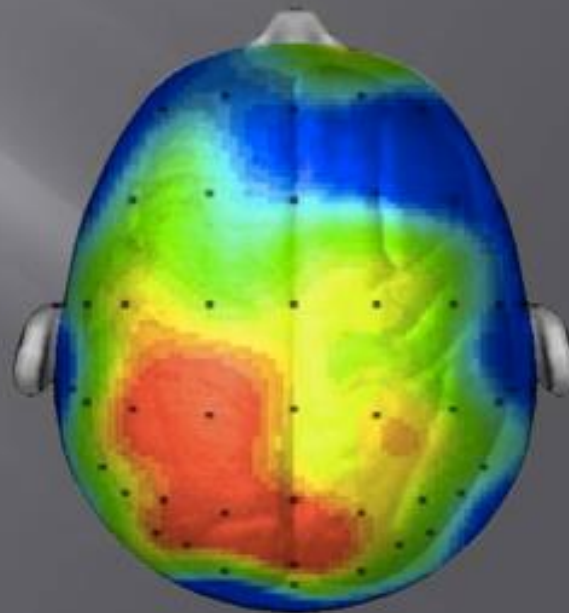


# MOVEMENT FEEDS THE BRAIN!

BRAIN AFTER SITTING  
QUIETLY



BRAIN AFTER 20 MINUTE  
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

# CHILDREN NEED BREAKS!



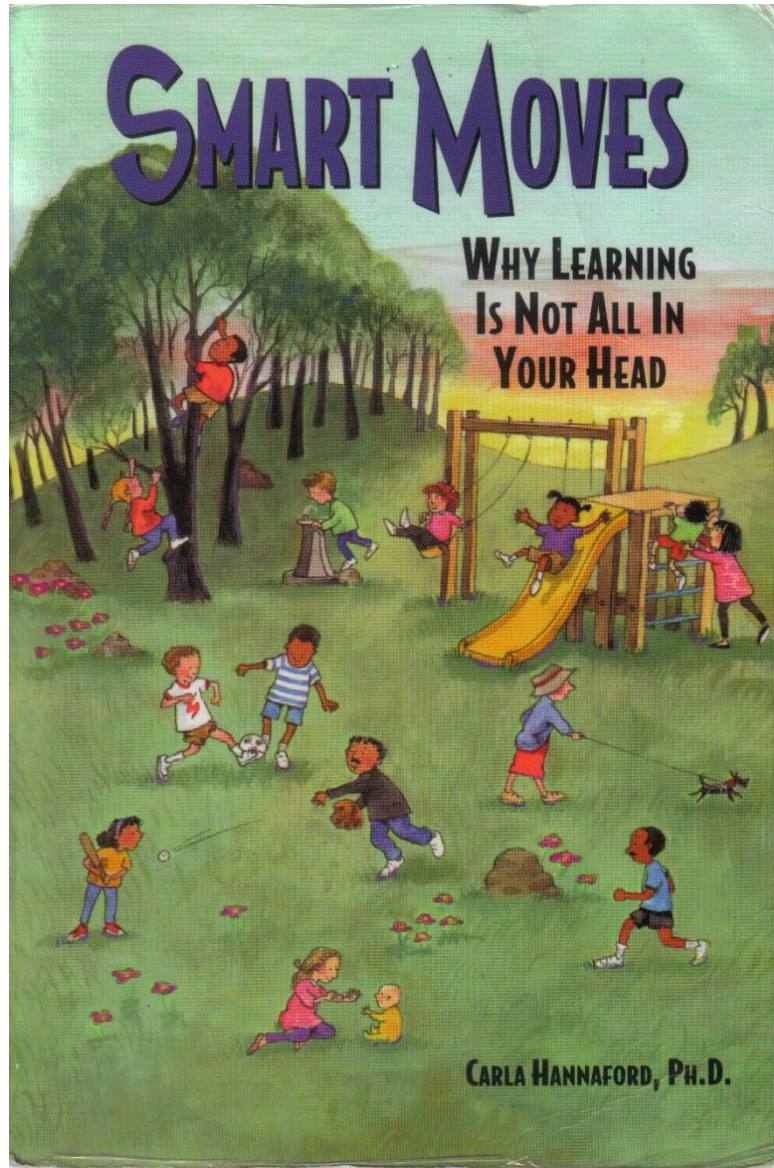
# THERE'S A CORRELATION BETWEEN BODY & PAPER





# SMART MOVES

WHY LEARNING  
IS NOT ALL IN  
YOUR HEAD



CARLA HANNAFORD, Ph.D.



# CROSS-LATERAL MOVEMENT IS A MUST!



# WE RETAIN...

- ◉ 10% of what we READ
- ◉ 20% of what we HEAR
- ◉ 30% of what we SEE
- ◉ 50% of what we HEAR & SEE
- ◉ 70% of what we HEAR, SEE, & SAY
- ◉ 90% of what we HEAR, SEE, SAY, & DO!

- ⊙ Canadian study: Academic scores went *up* when 1/3 of school day devoted to PE
- ⊙ Canadian study: Children participating in 5 hours of vigorous physical activity/week had stronger academic performances
- ⊙ Hannaford: Children who spent an extra hour/day exercising did better on exams

“From earliest infancy & throughout our lives, physical movement plays an important role in the creation of nerve cell networks that are actually the essence of learning.”

“Movement activates the neural wiring throughout the body, making the whole body the instrument of learning.”

Carla Hannaford  
*Smart Moves*



# SOCIAL/EMOTIONAL DEVELOPMENT



REVISED EDITION

# No Contest



## The Case Against Competition

---

Why we lose in our race to win

Alfie Kohn

# SOCIAL/EMOTIONAL DEVELOPMENT

- ◉ Successful movement experiences:
  - Promote self-confidence
  - Enhance self-concept
  - Contribute to poise & self-control
  - Help children learn about themselves & the world around them
- ◉ Social issues addressed
- ◉ Opportunities to experience cooperation!



# PHYSICAL DEVELOPMENT





# SEDENTARY LIFESTYLES

- ⦿ 2- to 5-year-olds watching TV 25½ hours/week
- ⦿ 40% of 5- to 8-year-olds show at least 1 heart disease risk factor
- ⦿ 1<sup>st</sup> signs of arteriosclerosis appearing at age 5
- ⦿ Est. 300,000 deaths/year in US due to low levels of activity & fitness

“OUR BIOLOGICAL NEED FOR  
MOVEMENT IS ENSURED BY THE  
SENSATION OF PLEASURE IN  
MOVEMENT.”

**EVA DESCA GARNET**  
*MOVEMENT IS LIFE*

We have to  
take a  
stand!



# THE POWER OF THE INTERNET

The screenshot shows a web browser window with multiple tabs open. The active tab is 'Rae Pica Blog | Rae's Rants'. The address bar shows 'raepica.com/raesrants.html'. The website has a purple header with the name 'Rae Pica' in a large, stylized font. Below the name is a quote: "Children don't exist only from the neck up. They are thinking, feeling, moving human beings who learn through all their senses." - Rae Pica. A navigation bar includes links for Home, About Rae, Presentations, Consulting Services, Radio, Books, Articles, Rae's Rants, and Contact. The main content area features a post titled '#AskingWhatif' with the sub-header '"What if everybody understood child development?"'. The post text discusses the author's experience writing for Huffington Post and the importance of understanding child development. A list of questions is provided, including 'Why Does Sitting Still Equal Learning?', 'The Earlier the Better?', 'When Did a Hug Become a Bad Thing?', and 'iPads or Play Dough?'. The post continues with a paragraph about the educational climate and a call to action to create a movement. A small image of a young boy is visible on the right side of the post. At the bottom of the browser window, the taskbar shows various application icons and the system clock indicating 11:46 AM on 4/27/2015.

Tweets about #sunchat | What Great Educators Do | Breaking the Code of Silence | ChatSalad | Rae Pica Blog | Rae's Rants

raepica.com/raesrants.html

## Rae Pica

"Children don't exist only from the neck up. They are thinking, feeling, moving human beings who learn through all their senses." - Rae Pica

Home | About Rae | Presentations | Consulting Services | Radio | Books | Articles | Rae's Rants | Contact

### #AskingWhatif

"What if everybody understood child development?"

That was the title of the piece I wrote for Huffington Post in 2013. The piece drew such an overwhelming response that I eventually wrote a book with the same title. The book is full of questions similar to the one in the title -- like,




- "Why Does Sitting Still Equal Learning?"
- "The Earlier the Better?"
- "When Did a Hug Become a Bad Thing?" and
- "iPads or Play Dough?"

These questions -- all of the essays in the book, in fact -- were prompted by the nonsense prevalent in today's educational climate -- the stories that indicate to me that many of the adults responsible for "making the rules" in education and parenting don't have a clue about children. Some of these people, I'm quite sure, don't even *like* children. How else to explain school administrators interrogating a six-year-old girl for three hours after she told another child she was going to shoot her with her Hello Kitty gun that discharges bubbles? How else to explain the elimination of hugs, nap time, play, and recess from children's school days? Or making kids -- even the youngest of them -- sit still for hours at a time?

The Huff article and the book were a start. Now I want to create a movement. I want to call attention to every bit of nonsense I come across -- every story I hear -- that is a slap in the face of developmentally appropriate practice. That sends a clear signal that those behind it don't begin to understand child development. I'll post those stories here -- and on Facebook and Twitter, using the hashtag #AskingWhatif.


It's my hope that, by calling attention to the nonsense and (hopefully) shaming those behind it, we can begin to put an end to it. Below you'll find my "rants." To read more, simply click on the title.


Please feel free to send any stories of developmentally inappropriate practice -- or frustrations you

Connect   

Receive E-Mail Updates

Go

Privacy by  SafeSubscribe™  
For Email Marketing you can trust





[WWW.BAMRADIONETWORK.COM](http://WWW.BAMRADIONETWORK.COM)



**BAm!radio**  
The Education Station



# WWW.BAMRADIONETWORK.COM

- ◉ Teaching Children Who Just Won't Sit Still
- ◉ Recognizing the Intelligence of Movement
- ◉ How to Make the Case for Movement in Education
- ◉ Why Recess Matters; How to Defend It
- ◉ Study Challenges Classroom Free Play; Advocates Push Back

**BAm!radio**  
The Voice of the Education Community™

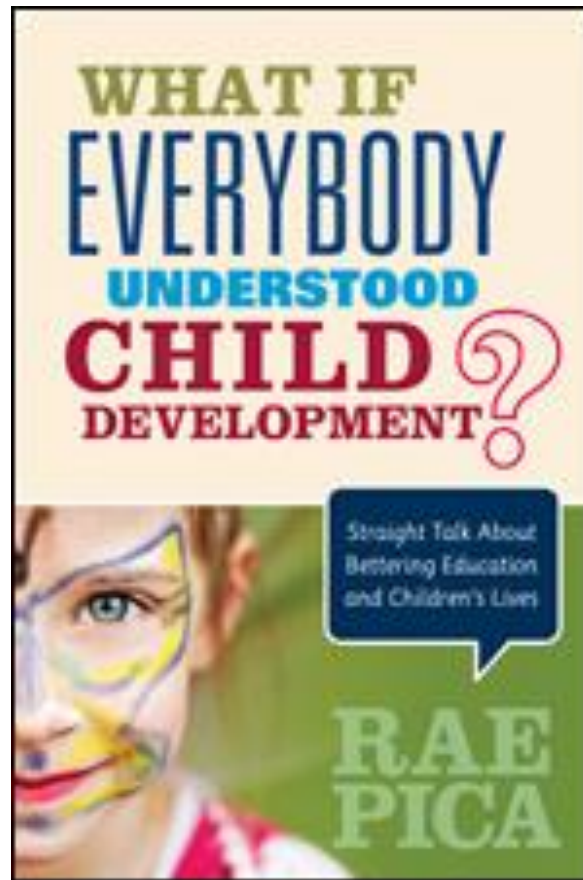
- ◉ **David Elkind** 🔊
- ◉ **Nancy Carlsson-Paige**
- ◉ **Jane Healy** 🔊
- ◉ **Stanley Greenspan**
- ◉ **Vivian Gussin-Paley** 🔊
- ◉ **Carla Hannaford**
- ◉ **Eric Jensen** 🔊
- ◉ **Lilian Katz**



# RESOURCES AT OUR FINGERTIPS!

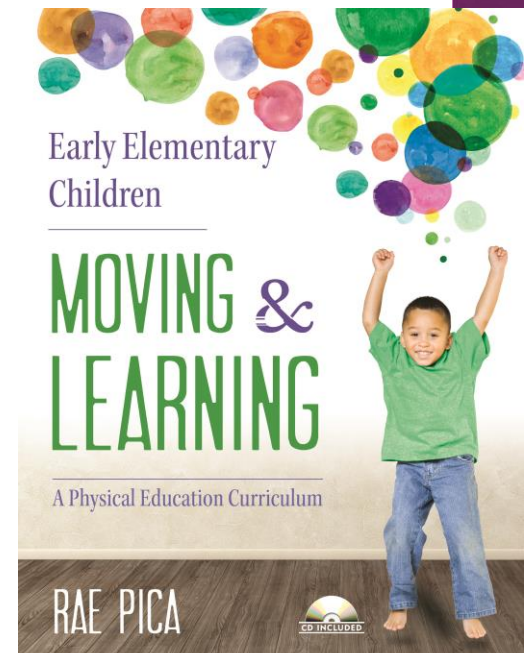
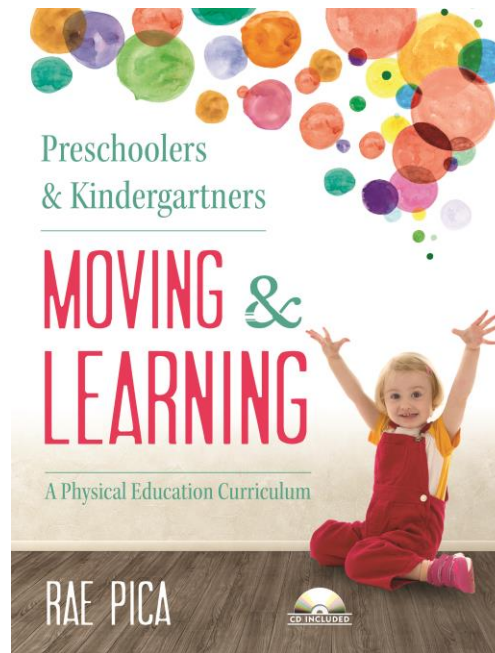
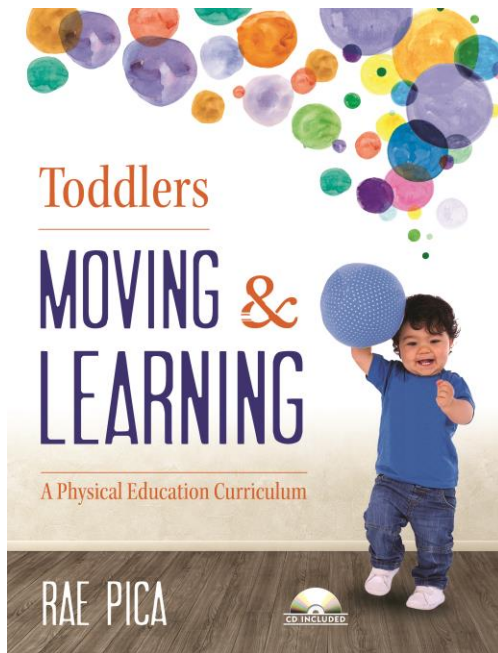
- ◉ American Association for the Child's Right to Play: [www.ipausa.org](http://www.ipausa.org)
- ◉ Defending the Early Years: [www.deyproject.org](http://www.deyproject.org)
- ◉ Alliance for Childhood: [www.allianceforchildhood.org](http://www.allianceforchildhood.org)

# TRADITIONAL RESOURCES, TOO!



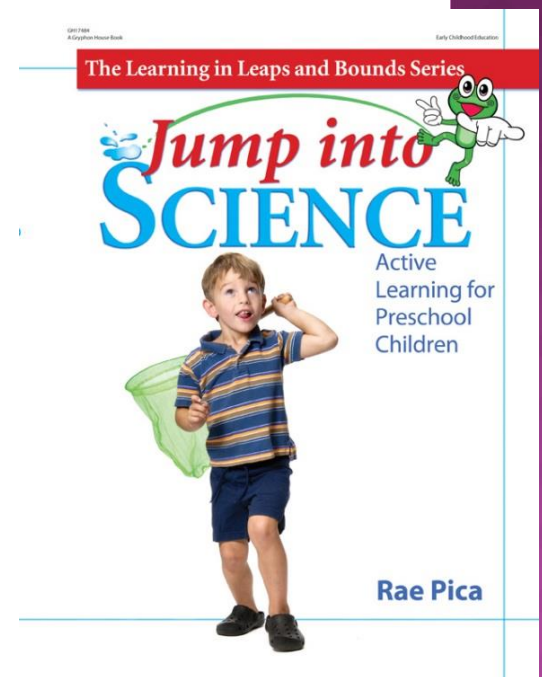
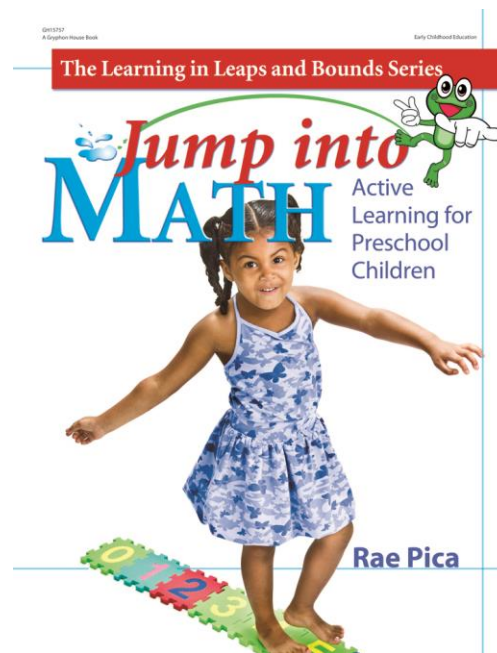
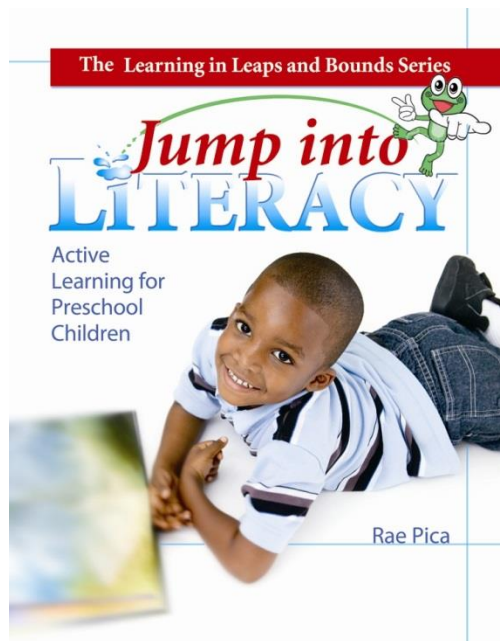
*"Thank you, Rae, for this valuable book. We need it now more than ever!" ~ Nancy Carlsson-Paige*

# TRADITIONAL RESOURCES, TOO!





# TRADITIONAL RESOURCES, TOO!



# PHYSICAL ACTIVITY GUIDELINES

- ◉ 60-minute daily minimum of structured
- ◉ 60-minute daily minimum of unstructured

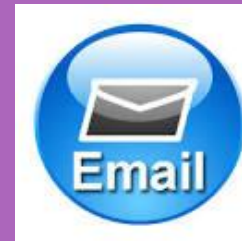


from Shape America:  
[www.shapeamerica.org](http://www.shapeamerica.org)



Find me:  
[www.raepica.com](http://www.raepica.com)

Write me:  
[rae@raepica.com](mailto:rae@raepica.com)



Follow me:  
[@raepica1](https://twitter.com/raepica1)

“We have spent years and resources struggling to teach people to learn and yet the standardized achievement test scores go down and illiteracy rises. Could it be that one of the key elements we’ve been missing is simply movement?”

Carla Hannaford  
*Smart Moves*

*“I lay it down as an educational axiom that in teaching you will come to grief as soon as you forget that your pupils have bodies.”*

Alfred North  
Whitehead,  
*The Aims of Education*



“I look upon joy as  
the most  
powerful of all  
mental stimuli.”

Jaques-Dalcroze





# TAKE THE PLEDGE!

